

TRIP TO FOXWOODS CASINO

Come with us on Thursday, February 27th to Foxwoods Resort Casino, the northeast's largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon and driver's gratuity. The cost for the day is \$22 per person, and will be due at sign-up or no later than Friday, February 7th. Call 508-543-1252 to sign up for this trip beginning on Wednesday, January 22nd

Monday, January 13

State Senator James Timilty Office Hours 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 p.m.

Video Lecture Series – History of the U.S., Part 2 12:00 noon

Knitting Class 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, January 14

Stretch & Balance today 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – “Salmon Fishing in the Yemen” 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, January 15

Call-in for St. Patrick's Day at Lake Pearl Luciano's 8:00 a.m.

Strength Training 8:30 a.m.

NO Chorus Today

Zumba Make-up Class 1:00 p.m.

TRIAD 1:00 p.m.

Target 1:00 p.m.

Thursday, January 16

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Italian 1 Class 11:00 a.m.

Low Vision Support Group 1:00 p.m.

Advanced Italian Class 1:00

Friday, January 17

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Saturday, January 18

9:30 a.m. Friends of Foxboro Seniors meeting

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENATOR TIMILTY OFFICE HOURS

State Senator James Timilty will be at the senior center to meet with residents on Monday, January 13th from 9:00 a.m. to 10:30 a.m. This is your opportunity to meet with Senator Timilty in a casual setting and have him answer any questions you may have.

ZUMBA CLASSES

Zumba classes are scheduled again at the senior center for four sessions beginning on January 15th. Come and learn some Latin dance moves with us, and join us as we have fun while getting into shape for the new year! You will learn to move your hips to the Latin beat as our YMCA instructor Lorrain Brue leads us in this fun fitness program. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Classes will be held from 1:00 p.m. to 2:00 p.m. on the following Wednesday afternoons: January 15, 22, 19 and February 5. The cost for these four classes will be \$8.00, with payment due by the start of the first session.

NEW PROGRAMS

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning February 4th through April 8th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

We can all claim to be a "wee bit" Irish on St. Patrick's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for our St. Pat's Day celebration on Thursday, March 13th from 11:30 a.m. to 3:30 p.m. You'll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don't have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by "John Connors Irish Express." The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van riders upon request. The sign-up for this celebration will begin on January 15th, so please call the senior center at 508-543-1252 if you'd like to attend. Payment will be due on Friday, February 14th.

VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES – Now on Mondays

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History of the United States Part 2" on **Mondays through May 5th from 12:00 noon to 1:00 p.m.** at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19th century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. The Great Courses lecture series is touted as "pure intellectual stimulation" by *Havard Magazine* and a "serious force in American education" by *The Wall Street Journal*. Please call us at 508-543-1252 if you'd like to join us for this great informational opportunity. If you have missed one of our video lectures, please let us know so that we can schedule an additional showing for you.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street to sign-up for the aquatics classes that are held at the beautiful YMCA/Invensys Foxboro branch which is located at 67 Mechanic Street in Foxboro. Classes are \$5 each and payment is due at the time you sign up. You must also choose which day of the week you will be attending classes, per the YMCA's policy. This session runs from January 2nd through February 16th. The Aqua Aerobics classes are held on Mondays, Wednesdays and Fridays at 12:10 p.m. The Aqua Aerobics classes with certified

Arthritis Foundation instructors are held on Tuesdays and Thursdays at 8:00 a.m. If you have any questions, please call us at 508-543-1252.

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SPECIAL EVENTS AND PROGRAMS

MEN’S BREAKFAST

Our next Men’s Breakfast at the senior center will be held on Thursday, January 23rd at 9:00 a.m. This month’s guest speaker will be Register William P. O’Donnell of the Norfolk County Registry of Deeds. Following breakfast, the Register will discuss the historical nature of the Registry and his ongoing efforts to modernize and computerize the vast number of Norfolk County real estate records. He will also address the Massachusetts Homestead Act. After the presentation, the Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check any other filing. The cost for the breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1252 to sign up. As always, after breakfast has been served, everyone is welcome to join us for the speaking portion of the program at no cost.

JAY BARROWS’ OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, January 27th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On Wednesday, January 15th and Thursday, January 16th, the Veterans Day Celebration with the U.S. Navy Crosswinds Quintet will be the featured program. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, January 7th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

The next Movie Day is scheduled for Tuesday, January 14th at 12:30 p.m. It’s a great time to take in a good movie with friends at the senior center. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie adaptation of Paul Torday’s best-selling novel “Salmon Fishing in the Yemen” starring Kristin Scott Thomas, Ewan McGregor and Emily Blunt. According to the review in Amazon, this film features dedicated anglers and Middle Eastern vistas, but is a screwball comedy at heart. The British Prime Minister’s press secretary (Thomas) sets the story in motion when she reads about a fabulously wealthy sheik who longs to bring fly-fishing to the dessert. She believes that cooperation with his country would be good for Britain’s image, while the sheik has more altruistic goals in mind. This leads her to mild-mannered fisheries expert Alfred Jones (McGregor) who feels certain the endeavor is pure fantasy until the sheik’s land agent (Blunt) brings him

surprising data about the region. Initially, the two are all business as they devise a plan to create a stocked lake in the middle of the dessert, but their feelings for each other begin to rise to the surface. Just as their impossible dream appears to be coming true, a series of unexpected developments threatens the entire enterprise. If you'd like to join us for this movie, please call the senior center at 508-543-1252.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 16th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, January 15th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

MANICURES

Our manicurist, Sheri Thorpe, will be here on Tuesday, January 28th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products and has been the manicurist at our neighboring Plainville Council on Aging. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, February 3rd at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 15 – Target

January 22 – Kohl's

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, January 14th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

PRE-DIABETES SCREENING

On Friday, January 31st from 9:00 to 11:30 a.m. there will be a Pre-Diabetes Screening at the senior center. This program is provided by the VNA Care Network, Inc. to persons aged 60 and older and it is funded by a grant through HESSCO Elder Services. The purpose of the program is to help prevent or delay the onset of type 2 diabetes. This is accomplished through screening, rescreening, education and interventions. The nurse assesses and screens the client to determine their risk and will work with at-risk clients to help develop a realistic lifestyle changes and set short term goals. Further appointments are scheduled with the client either face-to-face or over the telephone to provide education, counseling, problem solving, encouragement and support. The initial screening/rescreening involves fasting glucose, blood pressure, cholesterol, Body Mass Index and waist measurement. If you are interested in taking part in this free Pre-Diabetes Screening, please call the senior center at 508-543-1252 to set up an appointment.

STURDY MEMORIAL HOSPITAL'S SUPPORT GROUPS AND PROGRAMS

The following programs are offered by Sturdy Memorial Hospital: **"Knee Pain: What you Should Know and What Can Be Done"** presented by Dr. Saul Magitsky on Wednesday, January 15 from 5 to 6 p.m. at Sturdy Orthopedic & Sports Medicine Associates located at 281 County Street in Attleboro. To register by Friday, January 10, please call 508-236-8020; **Sleep Apnea Informational Session and C.P.A. P. Fair** – a free fair held on Thursday, January 16 from 7 to 9 p.m. in the Hospital's Auditorium. For more information or to register, call Respiratory Care at 508-236-7550, and; **Heart Health Fair** on Friday, February 7 from 7 to 10:30 a.m. in the Hospital Conference Rooms A, B & C and F. & G. For more information or to register for tests, please call 508-236-8555. For more information about Sturdy's programs and support groups, visit the website at www.sturdymemorial.org.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on 16th and February 4th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

PUBLIC SAFETY INFORMATION

MEMA's TIPS TO ENSURE SAFE WINTER DRIVING

The Massachusetts Emergency Management Agency (MEMA) has issued the following Automobile Safety Tips: have a well-stocked Winter Emergency Car Kit; keep your gas tank at least half-full; install good winter tires with adequate tread and pressure; keep a windshield scraper and small broom for ice and snow removal; check your anti-freeze, battery, windshield wipers and wiper fluid; plan long trips carefully by checking weather forecasts and road conditions; be extra alert; yield to snowplows giving them plenty of room to safely do their job; travel during daylight hours, if possible, and; if a blizzard traps you in your car, remain in your

vehicle and run the engine and heater about 10 minutes every hour to keep warm. MEMA has developed a winter safety series and copies are available at the senior center.

CYBER ALERT

MAN-IN-THE-MIDDLE ATTACK

A Man-in-the-Middle attack (often abbreviated as MITM or MIM) is a type of cyber attack known as “session hijacking” where a cyber criminal inserts him/herself into a conversation between two parties, impersonates “both” parties and gains access to information that the two parties were trying to send each other. A Man-in-the-Middle attack allows a cyber criminal to intercept, send and receive data meant for someone else, or not meant to be sent at all, without either outside party knowing about it until it is too late. If you have ever been away from work/home with your laptop PC or iPad-like device and connected to an unknown near-by Wi-Fi network that was accessible to you without the need for login credentials, you may have exposed yourself to a Man-in-the-Middle attack. The single most effective way to avoid becoming a MITM victim is TO not to connect to Wi-Fi networks, particularly those that are free of charge. If this cannot be avoided, then conduct your activities as if someone is listening in and don’t engage in any financial activities or anything else that requires login credentials. Limit yourself to less risky activities, such as internet searches, playing games and reading.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 13

Cream of Broccoli Soup
Breaded Chicken
Rice Pilaf
Dinner Roll
Almond Cookie

Tuesday, January 14

American Chop Suey
Green & Wax Beans
Whole Wheat Roll
Fresh Fruit

Wednesday, January 15

Roast Pork with Apple Gravy
Oven Roasted Potato
Peas & Carrots
Wheat Bread
Pears

Thursday, January 16

Swedish Meatballs
Garlic Whipped Potato
Scandinavian Blend Vegetables
Whole Wheat Bread
Mixed Fruit

Friday, January 17

Chicken a la King

Fluffy White Rice

Winter Blend Vegetables

Multigrain Roll

Strawberry Cup